



BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



5470 Ruth Keeton Way

Columbia, MD 21044

Office: 410-313-7213

Fax: 410-313-7465

Bain 50+ Center Hours

Monday-Wednesday

8:30 am-4:30 pm

Thursday, 8:30 am-8:30 pm

Friday, 8:30 am-4:30 pm

Website:

www.howardcountymd.gov/aging

24th ANNUAL PENGUIN PACE

Hosted by the Bain 50+ Center and the Bain Center Council this 5K race takes place on **Super Bowl Sunday**, February 3 at 7:45 am. This event is open to runners of all ages 14 to 70+. Every runner gets a free blanket and is invited to a post-race brunch at the Bain 50+ Center. **Registration is just \$25.** For more information or to register go to the Strider website: www.striders.net/penguin-pace. Share this information with your friends and relatives.

The Bain Center Council relies on donations to continue their mission to support older adults in Howard County. It is an all-volunteer not for profit 501c(3) organization. Contributions are tax deductible. Organization race sponsors are needed. For more information please contact Peter Eisenhut, Bain Council President, **443-535-2250** or Bain.Council.comm@gmail.com.

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Membership Cards Coming Soon...

General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director (410) 313-7468
Tammy Wiggins, Assistant Director (410) 313-7469
Fatina Galloway, Nutrition/Rentals (410) 313-7390
Dawn Perez, Registrar (410) 313-7213
Collin Fugate, Facilities (410) 313-7464
Kari Weidner, Nutrition Specialist (410) 313-7274
Earl Saunders, Cypress deManicor, Ali Esfahani,
Anthony Holland, Center Support Staff

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort (410) 313-7461
Elaine Widom, SeniorsTogether (410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234
Sunny Moon, (410) 313-7388
Kim Freeman, (410) 313-7288

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our email Distribution List. Stay informed on upcoming program information.



Please Sign In

It will only take a moment. Use the sign-in book on the podiums by each entrance. Our average daily attendance helps us measure our good work in the community.

A new scanning process will be implemented in the coming months that will take place of the sign-in books. Membership cards will be distributed to all registered members.

NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call (410) 313-7390 to cancel your lunch reservation if you can not make it. Our lunch number reflects the number of reservations placed, and the County is charged for the number of meals ordered. For members **over** 60 years of age, and their spouses, a donation is requested. Contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal, payable at the front desk. A regular meal is \$4.48, box meals are \$5.01 and special meals are \$5.95. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4:00 pm. Payments may be by cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website:

<http://apm.activecommunities.com/howardcounty>.

All activities require an R.S.V.P. to ensure that we are prepared.

TRANSPORTATION

Transportation is available to the 50+ Center through RTA Mobility, riders must be certified.

For certification, reservations, and cancellations please call the Customer Service Line at 1 (800) 270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through NeighborRide. For additional information call NeighborRide at (410) 884-7433.

PLEASE NOTE

Membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk if your contact information has changed.



Find us on Facebook

www.Facebook.com/HoCoCommunity

Bain Council & Information

Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2



Music, Refreshments, Dancing and Door Prizes

Friday, January 11 Vintage Entertainment

Friday, February 8 Just Us Band

Enjoy music, dancing and refreshments.

Please don't wait!

UPDATE



Home Phone • Cell Phone • Mailing Address • Email

Please stop by the front desk and update any changes especially your emergency contact information.

Center Closings

Tuesday, January 1 New Year's Day

Monday, January 10 Closing 1 pm for Staff Meeting

Monday, January 21 Dr. Martin Luther King Jr. Day

Monday, February 18 President's Day

Thursday, March 21 Closing 1:30 pm Staff Meeting

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit. If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen
PROGRAM COORDINATOR
PHONE 410-313-7461 (voice/relay)
EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month



Howard County Paws4Comfort
Touching Hearts... One Visit at a Time

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! Your suggestions and contributions are welcome. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Mary Cooke

Athena Dalrymple

Jackie Dunphy (HPM)

Jeane Evans (HPM)

Peter Eisenhut

Annie Foster

Valerie Hoelz

Sandra Kaiser

Fran Martiny

Jim McDiarmid

Su Patterson (HPM)

Priscilla Pitts (HPM)

Shirley Williams

Albertha Workman (HPM)

*HPM= Active Honored
Past Member

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am and the monthly Brain Fitness program. Your support of council fundraising activities make possible many of our programs.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain 50+ Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.

The Bain Center Council Needs You

The BAIN COUNCIL is seeking candidates to serve on the Council. If you have a desire to support the Center and its numerous activities, consider joining the Council. Information packets are available at the front desk or contact Council Treasurer, Sandra Kaiser, at spkaiser_50@yahoo.com. All Center members are eligible to apply. **Bain wants you!**

January & February Programs

Jump Start Your New Year

Tuesday, January 8

11 am- 12 noon/ Free

Falls are one of the leading causes of injury for older adults. However, you don't have to fall prey to slips and falls. By exercising, you can improve your balance and your strength, so you can stand tall and feel more confident when walking. Jump start your new year by attending this informative program led by Instructor, Anthony Holland. R.S.V.P.

New Year Variety Show

Featuring: Paul Leatherman

Tuesday, January 15

11 am- 12 noon/ Free

Paul Leatherman is a retired Airforce Veteran who has served 43 years in the Federal Government and has also performed overseas for our Troops. During his music career journey he was honored to perform on Capitol Hill. Paul will review songs by Elvis Presley, Dean Martin, and Fats Domino just to name a few. R.S.V.P.

Animal Control

Tuesday, January 22

10:30-11:30 am/Free

Officer Sheri Fox will be on hand answering any concerns and dispelling some of the myths about Animal Control. Learn about the different services Animal Control provides to the community, adoption policies, animal licensing for seniors, the Senior Pet Food Program, facility hours and more. R.S.V.P.

New Year, New Habits:

How to fit exercise into your life for good

Wednesday, January 23

11 am—12 noon /Free

Learn the importance of why you should exercise, set goals, and explore exercise suited for older adults. This program is presented by Exercise Specialist Malarie Burgess of Howard County Office on Aging and Independence. R.S.V.P.

Accessibility Equipment Demo

Wednesday, January 23

10 am – 12 noon /Free

This demonstration will give you an opportunity to learn about accessibility tools that will help you to remain independent in your home.

Arthritis Lunch & Learn

Tuesday, January 29

11 am – 12:30 pm / Free Lunch

Come learn about Rheumatoid Arthritis during a luncheon presentation. Identify the symptoms and challenges of this disease and what you can do about them. Presented by Dr. Marlyn Lorenzo, Rheumatologist, Arthritis Care Specialists. Must R.S.V.P by January 25th.

Foreign Film, Lunch & Discussion

Featuring: "Fireworks Wednesday"

Wednesday, January 30

11:30 am/ \$13

Join us for an enjoyable learning experience, catered luncheon and facilitated group discussion. **Deadline to register is January 23rd.**

The Lyric Opera Presents:

Marian Anderson

Tuesday, February 5

11 am /Free

A celebration and tribute to the first African-American singer to perform at the Metropolitan Opera in New York City. This program explores the turbulent history of the Civil Rights Movement while presenting the wide variety of styles in Marian Anderson's repertoire, including spirituals, art songs, and opera excerpts. A special lunch to follow this program. You must sign-up separately in the lunch room.



January & February Programs

Share Your Apps: New Apple Updates

Wednesday, February 6

1:30 – 2:30 pm/ Free

Do you have a Smart Phone, iPad, or Tablet? Maybe you are thinking about purchasing one. Apps make the iPhones and Androids the powerful little devices that they are. Bring your device and learn how to add apps to your device. Must register at the front desk.

Healthy Heart Month: Know Your Numbers

Thursday, February 7

10 am – 12 noon/ Free

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk for serious illness. If you know these important numbers, you can make changes to improve your health. Albertha Workman, RN will be on hand to help you know these important numbers. R.S.V.P.

Opera & Lunch : Rusalka

Tuesday, February 13

10 am / \$13

This is a very romantic, yet darkly tragic, opera about the Brothers Grimm fairy tale, "The Little Mermaid". It is the poignant, heart-rending story about a gorgeous water nymph (Rusalka) who falls in love with a dashing, handsome Prince. She begs a witch to change her into a human so the Prince would fall in love with her. The witch (and Rusalka's father) warn Rusalka of grim consequences of this metamorphosis, but Rusalka insists. The witch grants Rusalka her wish. After a brief but passionate love affair, grim consequences ensue with tragic results for both, the Prince and Rusalka. The finale is heartbreaking, still the music is sublimely beautiful. **Register by February 6th.**

Happy Valentine's Day Movie Special

Thursday, February 14 1 pm/ Free

"CHOCOLATE" is an inspiring delightful romantic comedy of finding the importance of what makes us happy. We will be serving special chocolates and hot chocolate as a Valentine treat. R.S.V.P.



Thanks to all those who came out to honor and thank our Veterans at the annual Veteran's Day Waffle Bar.

"All gave some, some gave all".



The Social Security Administration

Chorus Returns to Bain

Friday, February 22

Special Lunch at 11:45 am



The Social Security Administration (SSA) Chorus has been around almost as long as the agency itself. Still in high demand throughout Maryland, they provide a unique community service that always bring a smile and stirs a memory among the many people they serve. Their song list includes show tunes, country music, and old favorites. **Program will start at 12:30 pm. Sign-up by February 15th.**

January & February Programs

Write Your Memoir– Write to be Heard

Tuesday, January 8 & February 5

10 am-12 noon/ Free



Join those among us who love to write. Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Now is your time to join with others who also have wonderful stories to tell. R.S.V.P.

The Bain “Buzz” Book Club

10–11:30 am / Free

January 16— *A Gentleman in Moscow* by Amor Towles

February 20— TBD



Drop-In Jam Session

Tuesdays, 2-3:30 pm/ Free

Join a group of seasoned musicians who enjoy playing simple melodies such as the Waltz, Reels, and Irish Dance tunes. Stop-in to listen, dance, or play.

Cooking Made Easy with Kari

Friday, January 18 & February 22

10 am/ Free

Kari Weidner, Nutrition Specialist, demonstrates quick and easy recipes that taste delicious and make cleanup a breeze. Less time cleaning means more time eating. R.S.V.P.

Bain 50+ Movie Schedule

1 pm / Free

PLEASE SIGN UP OR CALL TO RESERVE A SEAT



January 3 —*The Party* (Featuring Patricia Clarkson, Bruno Ganz & Cherry Jones)

January 17 —*The Meddler* (Featuring Susan Sarandon, Rose Byrne, J.K. Simmons & Cecily Strong)

January 24 —*The Keeping Hours* (Featuring Lee Pace, Carrie Coon & Amy Smart)

January 31 —*Life of the Party* (Featuring Melissa McCarthy, Maya Rudolph & Gilliam Jacobs)

February 7 —*RBG* (Featuring Ruth Bader Ginsburg, Gloria Steinem, Bill Clinton & Orrin Hatch)

February 14 —*Chocolate* (Featuring Juliette Binoche, Lena Olin, Johnny Depp, Judi Dench & Alfred Molina)

February 21 —*The Leisure Seeker* (Featuring Helen Mirren, Donald Sutherland, Kirsty Mitchell & Christian McKay)

February 28 —*I Feel Pretty* (Featuring Amy Schumer, Rory Scovel, Busy Phillipps, Aidy Bryant, Naomi Campbell, Adrian Martinez & Michelle Williams)

The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging and Independence, Howard County Government, or their officials and employees.

Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—10 am	Ask the Pharmacist (4th Monday of the month)	Health Room
9 am—11:30 am	Project Linus (2nd & 4th week)	Great Room 2
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Optimal Fitness Training HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Community Room
10—12 noon	Pottery	Craft Room
10:30 am—12 noon	Tai Chi (Drop-In)	Great Room 1
11:30am—12:30 pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30—4 pm	Korean American Senior Association	Great Rooms 1 & 2 / Meeting Room
1—2:30 pm	Religion Discussion Group (Drop-In)	Community Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4 pm	Canasta (Drop-In)	Activity Room
1—3 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45—11:45 am	Scrabble (Drop-In)	Pantry
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10:15 am—11:45 am	Seniors Together Low Vision Group	Meeting Room
10:45—11:45 am	Silver Belles (tap dancing)	Exercise Room

Daily Programs

TUESDAY	PROGRAM	ROOM
Noon	Lunch	Great Room 3
Noon—4:15 pm	Duplicate Bridge (Bring a partner)	Activity Room
1—2 pm	Zumba (\$1 Donation)	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Great Room 3
2—3:30 pm	Drop- In Jam Session	Great Room 2
WEDNESDAY	PROGRAM	ROOM
8:30—10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—1:30 pm	Alcoholics Anonymous	Conference Room
1—2 pm	Sit & Be Fit	Great Room 1
1—2 pm	Better Balance (\$)	Exercise Room
1—4:15 pm	Drop-In Chess	Meeting Room
1—4 pm	Drop-in Mahjonn	Activity Room
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
8:30 am—Noon	Gathering of the Arts (Drop-In)	Craft Room

Daily Programs

THURSDAY	PROGRAM	ROOM
9—10 am	Balance “4” All (\$)	Exercise Room
9—11:30 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room
9:30—11:30 am	Drop-in Pinochle	Pantry
10—11 am	Thrive Thursday-Video Fitness	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10—11:30 am	Zoom– In Discussion Group	Meeting Room
10:15—11:15 am	Qigong (\$)	Great Room 2
10:30—11:30 am	Coffee With Officer Andre Lingham (3rd Thursday)	Lobby
10:45—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry
2:45—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
5:00—8:30 pm	Massage Therapy (\$)	Health Suite
6:30—8:30 pm	Yoga For Parkinson's	Exercise Room
6:30—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday)	Meeting Room
6:30—8:00 pm	Alzheimer's Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30—10:30 am	Chair Yoga (\$)	Great Room 2

Daily Programs

FRIDAY	PROGRAM	ROOM
9:30—10:45 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10—11:30 am	SeniorsTogether Trenders	Conference Room
10 am—noon	Pottery (HCC) (\$)	Craft Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry
12:30 —2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45—3 pm	Drop-in Rummikub and Cards	Activity Room
1—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

Maryland Access Point (MAP)

Integral to the Howard County Office on Aging and Independence, is MAP an information and assistance gateway for older adults, people with disabilities, family members, caregivers, and professionals. MAP can assist with information on respite and home care, long-term care, in-home evaluation, aging in place, home modifications, retirement, planning for the future, Medicare and health insurance, chronic disease management, housing, transportation, income management, and legal services. Appointments are conducted at the Patuxent Woods Office, 50+ centers, or in your home. Appointments are available weekdays, 8 am-5 pm. Contact MAP at 410-313-1234 or map@howardcountymd.gov.

Man to Man Prostate Cancer Support Group

January 17 & February 21

6:30 pm -8:15 pm/ Free

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners and survivors, who address issues related to treatment options, side effects and practical guidance. Meets 3rd Thursday every month from September-June. For information, contact Gerry Gears at gerrygears@gmail.com.

Essential Touch Massage Therapy

Wednesdays & Fridays 9 am-3 pm / Thursdays 5-8 pm

Cost: \$58 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

Nutrition & Program Information

Make a Realistic Resolution for the New Year

If you're like most people, you've created a few New Year's resolutions for yourself. But some people create resolutions that are difficult to achieve, such as getting back to their high school weight. Here are some suggestions to start your New Year off right, with some realistic goals you will be able to achieve.

#1- Commit to a Healthier Lifestyle: Instead of setting a goal that may seem impossible, such as "lose 50 pounds in two months," why not start with a more realistic goal of adopting some positive changes, which could ultimately help you to lose weight? We sometimes get focused on a number, and we are willing to do anything to get there (such as going on a crash diet). Even if you are successful in losing weight on a fad diet, you will need to make some positive lifestyle changes to maintain the weight you lost. Take a look at your current unhealthy habits: Is it eating out too frequently? Lack of physical activity? Start with small, achievable goals. For example, if you are used to grabbing fast food for dinner on the way home, prep dinner at home the night before and save that time you would sit in a drive-thru line to take a 30 minute walk outside when you get home. You will save hundreds of calories by eating a healthier meal at home, and you can burn over 100 calories by taking that brisk walk. These small changes alone could yield a weight loss of at least a pound a week.

#2- Get Moving: We've heard this a million times, but the lack of physical activity in our country is a huge contributor to weight gain. You don't have to go to the gym every day to get fit. Think of times when you are sedentary but could be moving. Do you sit in a lawn chair at your grandchildren's soccer practice, or sit on the sidelines during their basketball game? Think about walking laps around the field or court during the practice or game. You can still watch them participate, but you are setting a great example by supporting their physical activity. Call an old friend you haven't seen for a while and meet up at the mall for a walk and some shopping, or try a gentle yoga class instead of watching an hour of television. Combining physical activity with quality social time is a great way to stay active.

#3- Expand Your Palate: We often get stuck making the same meals week after week, and frequently resort to picking up fast food or pizza on the way home just because "it's easier." But is it? In the time you spend ordering and picking up food several times a week, you could spend a few minutes on looking for a new recipe to try and going to the grocery store to pick up some healthy ingredients. By trying just one new recipe each week, you will soon have a whole new recipe book of your own.

#4- Make Time for Yourself: Many of us have a hard time saying "no" to anyone who asks for help, whether it's volunteering for a charitable organization, overbooking your weekends with activities, or helping out people who count on you. It's OK say no to things that you don't enjoy or can't fit into your day. You will be surprised at how much your schedule will open up, allowing more time for fitness, healthy eating and cooking, and quality time with family and friends. Whatever your goals are for yourself in 2019, try to make them realistic and attainable, and take some extra time to take care of your health and wellness. Howard County 50+ Centers offer amazing nutrition, fitness, and wellness programs each day- take advantage of all the centers have to offer!

Nutritionist Carmen Roberts MS, RD,LDN

Weekly Computer Clinic Returns

Wednesdays, 1 pm -3:30 pm/ Free

New Instructor: Lewis G. Aide

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call the Bain 50+ Center to sign up for a one-on-one, 30-minute meeting with a tutor who will assist you with your concerns and questions.

Inclement Weather Policy

In the event of inclement weather, please watch or listen for school cancellations. If **HOWARD COUNTY SCHOOLS status is:**

1 HOUR DELAY— Center is open with programming as usual.

2 HOUR DELAY— Center opens at 10 am. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after will be held.

CLOSED—Call the Bain 50+ Center **(410-313-7213)** or Status Line **(410-313 7777)** to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be NO lunches served.

AFTERNOON & EVENING ACTIVITIES CANCELLED The Center will not hold any classes, programs or rentals after 4:30 pm.

Health & Wellness

Nutrition Education

Thursday, January 10 & February 14
9:30–11:30 am

Individual sessions by appointment only.
Must be 60+ to sign up
Nutritionist, Carmen Roberts, MS, RD, LDN
Sign-up at the front desk or call 410-313-7213.

Chair Yoga

Fridays, 9:30–10:30 am
January 4–March 29 Cost: \$69

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Drop-In Zumba–On The Big Screen



Tuesdays, 1- 2 pm & Thursdays 11 am- 12 pm
\$1 Donation
Dance to a Fitter You!

Sit & Get Fit

Wednesdays
1–2 pm /Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements and natural breathing.

Yoga

Mondays, 2:30–3:30 pm
January 7–March 25 Cost: \$53

Wednesdays, 11 am–12 noon
January 2–March 27 Cost: \$69

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



Better Balance

Mondays & Wednesdays, 1–2 pm
January 2– March 27 Cost: \$73

Better Balance is designed for those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment; contact Malarie Burgess at (410) 313-6073

Brain Fitness-Neurobics

Tuesday, January 29 & February 19
10–11 am/Free

Brain training is the cornerstone of brain fitness, but it's not the only thing you can do. Find suggestions for brain healthy nutrition, physical activity, and more with experienced Instructor, Robin Zahor, RN, BSN.

Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm
January 3-31 Cost: \$28/ February 7-28 Cost: \$23

Join **Jesse Barnes**, our “seasoned” Dance Instructor, who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

Qigong

Thursdays, 10:15-11:15 am
January 3–March 28 Cost: \$69

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

Health & Wellness



Drop-in Tap Dance
Instructor:
Diane Andrews
Tuesdays
10:45–11:45 am/Free

Have fun while tap dancing your way to health.

Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Alzheimer's Caregiver Support Group
Thursday, January 10 & February 14
6:30–8 pm /Free

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at (410)736-2217

Coffee and Community Connecting

Thursday, Jan. 3 & Feb. 7 at 10:00 am

Coffee and Community Connecting brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Meet **Officer Andre Lingham** in the lobby.

Yoga for Parkinson's

Thursdays, 6:30 pm–8 pm

This class for Parkinson's patients and their care partners encourages correct alignment of the body. Sponsored by Yoga for Parkinson's, Inc., a non-profit organization. Suggested donation \$5 per class. Must R.S.V.P. at (410) 313-7213.

Ask The Pharmacist

Monday, January 28 & February 25
9–10 am/Free

Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

BALANCE “4” ALL

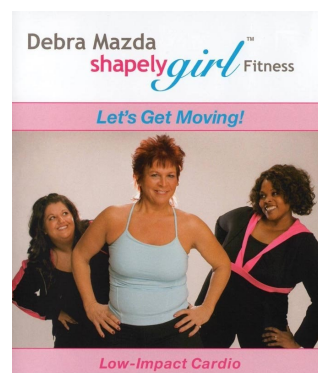
Thursdays , 9–10 am
January 3–March 28 Cost: \$69

Learn balance, strength, posture and flexibility.
Registration required.

Thrive-Thursdays

Low Impact Cardio
10–10:45am/Free

Let's Get Moving!
Join us in Great Room 1 and get ready to burn calories and shed those pounds. DVD's will be alternated.



Blood Pressure Screenings

1st & 3rd Thursday of the Month
January 3, 17 & February 7, 21
10 am–12 noon/Free

High blood pressure is a “silent killer.” Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain good overall health.

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov



SeniorsTogether is a peer outreach program created as an opportunity for older adults to give **AND** receive. The groups and events sponsored by **SeniorsTogether** promote peer interaction, foster a positive outlook, create social networks, and support a thriving aging process. The groups are led by older adult volunteer facilitators and most groups meet weekly during the day. Other events include periodic luncheons, workshops, and presentations. For more information contact Karen Hull or Elaine Widom, (see above block for details).

We look forward to hearing from you!

Ongoing Groups

Monday

Current Events - Community Room

Discussion group 10 am

Tuesday

Low Vision - Meeting Room

Resource and support group 10:15am

Thursday

Zoom-In - Meeting Room

In-depth discussion group 10 am

Brainteasers - Meeting Room

Boost your brain 12:30 pm

Friday

Trenders - Conference Room

Open-minded discussion 10 am

Upcoming 2019 Events

March

Low-Vision Group trip to

Mt. Hebron High School

Spring Production

SeniorsTogether Luncheon

Location: TBD

Please call Elaine for details.

Next Steps Group

Where am I going and how do I want it to be?

A major question in bereavement. This

4-week group will explore ideas and opportunities. Limited space.

SeniorsTogether Appreciation Gifts

Recent Gifts

In appreciation of SeniorsTogether

By Jackie Dumphy

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration and goodwill. Contributions directly support program activities. All donors receive a letter of gratitude and the honoree or designee receives an appreciation certificate.

For each gift, please include the name of the honoree (note if in memorium), contact for the certificate with an address if possible, and note if it can be announced in this newsletter. Please make checks payable to Director of Finance, Howard County, mail to:

SeniorsTogether, c/o The Bain Center, 5470 Ruth Keeton Way, Columbia, MD 21044.

Thank you.

Recreation & Parks

Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

Meets the 3rd Tuesday every month.

Please call Ginny Russ at (301) 325-5173 for Red Hatters information.

Upcoming Trips, Tours and Fun!

"Explore the Possibilities"

Howard County

Recreation & Parks Trips and Tours!

January 2019

Smithsonian National Museum of Natural History

Thursday, January 10, 2019

9:30am-4:30pm/ Fee: \$50

Smithsonian National Portrait Gallery

Thursday, January 17, 2019

9:30am-4:30pm/ Fee: \$50

The US Holocaust Museum

Friday, January 25, 2019

9:30am-4:30pm/ Fee: \$65

Magnificent Maryland Series:

Baltimore Museum of Industry

Thursday, January 31, 2019

12:00pm-5:00pm/ Fee: \$40

February 2019

Hershey Theater: Swan Lake

Friday, February 8, 2019

4:30pm-TBD/ Fee: \$120

Hillwood Museum

Valentine's Day Tour & Tea

Wednesday, February 13, 2019

10 am-3 pm/ Fee: \$115

Magnificent Maryland Series:

African Art Museum Baltimore

Thursday, February 21, 2019

12:pm-5 pm/ Fee: \$35

Guinness Open Gate Brewery & Barrel House

Thursday, February 28, 2019

11 am-4 pm/ Fee: \$75

To register please call 410-313-7275

Or for more information call Tracy Adkins,
410-313-7279

January Menu

Monday	Tuesday January 1	Wednesday January 2	Thursday January 3	Friday January 4
	CLOSED	Cheese Manicotti Broccoli Florets Dinner Roll Cinnamon Apples Grape Juice Milk	Pineapple Juice Beef & Vegetable Stew WG.WH Bread Pears Milk	Meatloaf Mashed Potatoes Applesauce Sliced Carrots Wh. Wheat Bread Cranberry Juice Milk
Monday January 7	Tuesday January 8	Wednesday January 9	Thursday January 10	Friday January 11
Fruit Punch Baked Pork Chop Scalloped Potatoes WG. WH. Bread Fruit cocktail Milk	Orange Juice Chicken Marbella Yellow Rice Pilaf Green Beans Fruit Cup WG. WH. Bread Yogurt	Grape Juice Salisbury Steak WG. WH. Bread Seasoned Greens Chickpea Barley Salad Apple Crip Milk	Roasted Red Pepper & Cheese Sandwich WG Sandwich Roll Fruit Juice Applesauce Coleslaw Milk	Breaded Fish Sandwich Mixed Vegetables Fruit cocktail WG Sandwich Bun Milk
Monday January 14	Tuesday January 15	Wednesday January 16	Thursday January 17	Friday January 18
Apple Juice Pot Roast of Beef w/Tomato Gravy Stew Cut Vegetables Red Skin Potatoes WG. WH. Bread Mandarin Oranges Milk	Stuffed Green Pepper Diced Beets Green Beans w/mushroom WG. WH. Bread Apple Crisp Milk	Hot Dog WG Hot Dog Bun Cole Slaw Baked Beans Diced Pears Milk	Apple Juice Stuffed Chicken Mashed Potatoes w/Gravy Green Bean casserole Pie w/ whipped top- ping Milk	Turkey, Vegetable & Potato Stew Spinach Salad WG Corn Muffin Cinnamon Apples Milk
Monday January 21	Tuesday January 22	Wednesday January 23	Thursday January 24	Friday January 25
CLOSED	Roasted Pork Loin w/Dijon Mustard Sauce Tomato Basil Salad Mashed Potatoes WG. WH. Bread Sliced Apples	Fruit Juice Chicken & Beef Penne WG Pasta Jambalaya Steamed Carrots Peach Crips WG. WH. Bread	Apple Juice Split Pea Soup Tuna sandwich L/T Rye Bread Carrot Salad Tropical Fruit	Fruit Juice Spaghetti & Meatballs Roman Veg. Blend Mandarin Oranges Chickpea Barley Salad WG. WH. Bread Milk
Monday January 28	Tuesday January 29	Wednesday January 30	Thursday January 31	Friday February 1
Menu to Be Deter- mined	Menu to be Deter- mined	Apple Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Tropical Fruit WG WH Bread Milk	Multi Bean Soup Curried Chicken Baby Spinach Dilled Baby carrots WG WH Bread Hot Cinnamon Apples Chocolate Milk	